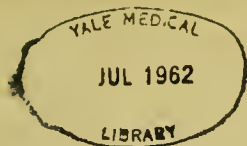


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CIRCULAR NO. 73.

The STATE BOARD OF HEALTH respectfully requests that Health Officers and Physicians will place one of these circulars in every household in which there may be a consumptive patient.

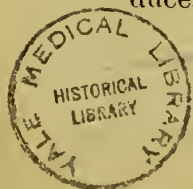
More copies can be obtained by application to the Secretary, DR. C. A. LINDSLEY, New Haven.

CONSUMPTION

ITS CAUSE AND MEANS OF PREVENTION.

A Circular issued by the State Board of Health, for public information.

Consumption is the most destructive disease among us. More than a thousand people die from it in this State, every year. Much of this suffering and sorrow can be prevented by proper care on the part of the sick and those who attend them. The disease is a preventable one. It is now known that its cause is a germ called the Tubercle Bacillus. This germ is found in immense numbers in the spittle of consumptive patients. When this spittle dries, the invisible germs which it contains in enormous numbers, rise and float in the air with the dust, and may be breathed into our lungs. Healthy persons may thus take the disease. This is the usual mode of infection. Therefore the key to the control of consumption lies in the immediate and absolute destruction of the infected sputa of all consumptives. For every such person is a producer of consumption seed, which is a living germ of



very long and very strong life. If he sows it broadcast about him in his spittle, it soon dries and floats in the air to reinfect himself and infect others who may breathe in the deadly dust. This germ is not easily killed by disinfectants. They will destroy it only after contact for a long time. Even boiling it for fifteen minutes is not effectual. Burning by fire is the best means of destroying it; fire is infallible. It resists cold, also.

When the spittle of a consumptive has passed out of his possession, he can not recover it. He has sent it on its mission of death with heedless indifference, to find such victims as it may. Public safety requires that any person who has pulmonary consumption should spit NOWHERE, except upon or into some receptacle which may be burned with the disease-germs which his expectoration contains. Pocket spit-cups have been invented, but old handkerchiefs, freshly-washed rags or cheap Japanese napkins are admirably adapted for such purpose, and can be burned without loss. If all the sputa of all tuberculous persons, from this time on, could be utterly destroyed, the next generation would, in all probability, be practically exempt from this most fatal malady.

But other precautions are necessary; no person should sleep in a room occupied by a consumptive. Rooms so occupied become infected and have been proved to be the cause of the disease in many cases. Such rooms should be frequently disinfected by scientific methods. The dry broom, the feather duster

and all its substitutes, should be rigorously expelled from every consumptive habitation. The damp cloth and the fire should be the chief implements of house-cleaning where consumptives dwell.

Tuberculous mothers should not nurse their children, because the germs are sometimes found in the milk. The milk of tuberculous cows should never be used.

Members of tuberculous families ought to find out-of-door occupation. Overcrowding, bad ventilation in houses or shops, employments which make dust, dampness of the soil, increase the liability to tuberculous infection, and are therefore to be avoided.

It would be a general public educator, if there could be hung in street and railway cars, public halls, theaters, business offices and stores, conspicuous notices to this effect :

SPITTING ON THE FLOOR POSITIVELY FORBIDDEN.

They would be constant reminders, and by working a reform in the disgusting habit of spitting, would contribute largely to public safety.

The State Board of Health, believing that any effort to restrict and control the prevalence of Consumption, will be a failure without the hearty and intelligent coöperation of the public, issues this circular in the hope that the information which it gives will awaken an interest which will bring practical results.

DIAGRAM, EXHIBITING THE COMPARATIVE MORTALITY, BY ABSOLUTE NUMBERS, FROM TWENTY OF THE MOST PROMINENT CAUSES OF DEATH IN CONNECTICUT IN 1894.

